



2006 – 07 PETITION/PROGRAM SHEET

Degree: Bachelor of Arts

Major: Kinesiology

Concentration: Athletic Training

www.mesastate.edu/schools/sbps/hpw/athletictraininghome.htm

About This Major . . .

The BA in Kinesiology offers five concentrations: adapted physical education; athletic training; exercise science; K-12 teaching; and sport and fitness management. The major is designed for students interested in these areas as well as preparation for graduate or professional schools. Typical career paths include athletic directors, teachers, coaches, pre-physical therapy, pre-occupational therapy, sport managers, and fitness center workers.

Mesa State students frequently continue their study for graduate or professional degrees at universities widely recognized as top programs in exercise physiology, physical therapy, occupational therapy, physical education, public health, sport management, athletic training, and sport psychology. These include the Universities of Utah, New Mexico, Brigham Young, California State-Chico, Colorado State, Middle Tennessee State, CU-Denver, Regis, Illinois, Louisville, Wichita State, Florida State, St. Augustine, Wyoming, and Northern Colorado.

POLICIES:

- 1. It is your responsibility to determine whether you have met the requirements for your degree. Please see the MSC Catalog for a complete list of graduation requirements.
2. You must turn in your "Intent to Graduate" form to the Registrar's Office by September 15 if you plan to graduate the following May, and by February 15 if you plan to graduate the following December.
3. This program sheet must be submitted with your graduation planning sheet to your advisor during the semester prior to the semester of graduation, no later than October 1 for spring graduates, no later than March 1 for fall graduates.
4. Your advisor will sign and forward the Program Sheet and Graduation Planning Sheet to the Department Head for signature.
5. Finally, the Department Head or the department administrative assistant will take the signed forms to the Registrar's Office. (Students cannot handle the forms once the advisor signs.)
6. If your petition for graduation is denied, it will be your responsibility to reapply for graduation in a subsequent semester. Your "Intent to Graduate" does not automatically move to a later graduation date.
7. NOTE: The semester before graduation, you will be required to take a Major Field Achievement Test (exit exam).

NAME: \_\_\_\_\_ STUDENT ID # \_\_\_\_\_

LOCAL ADDRESS AND PHONE NUMBER: \_\_\_\_\_

\_\_\_\_\_ ( ) \_\_\_\_\_

I, (Signature) \_\_\_\_\_, hereby certify that I have completed (or will complete) all the courses listed on the Program Sheet. I further certify that the grade listed for those courses is the final course grade received except for the courses in which I am currently enrolled and the courses which I complete next semester. I have indicated the semester in which I will complete these courses.

Signature of Advisor \_\_\_\_\_ Date \_\_\_\_\_ 20\_\_\_\_

Signature of Department Head \_\_\_\_\_ Date \_\_\_\_\_ 20\_\_\_\_

Signature of Registrar \_\_\_\_\_ Date \_\_\_\_\_ 20\_\_\_\_

- Must earn 120 semester hours and meet the academic residency requirements to earn a baccalaureate degree at Mesa State College.
- Must earn a minimum of 40 semester hours in upper division courses (i.e., 300-level and 400-level courses).
- A cumulative grade point average of 2.0 or higher must be maintained for all courses taken and a 2.5 GPA is required in the major courses.
- When filling out this program sheet a course can only be used once, i.e., no double counting is allowed between categories.
- Excess KINA courses beyond the two required, and pre-collegiate courses (usually numbered below 100), cannot be used for graduation.
- All degree requirements must be completed as described. Any exceptions or substitutions must be recommended in advance by the faculty advisor and approved by the Department Head.
- It is highly recommended that students work closely with a faculty advisor when selecting courses and scheduling classes prior to registration.
- Students are required to participate in exit examinations or other programs deemed necessary to comply with the college accountability requirement.

**General Education Requirements** (Minimum of 33 semester hours) See the M.S.C. catalog for the list of courses that meet the general education categories.

Course No. Credit Grade Term Year Trns/Subs

**English:** ENGL 111 and 112 (6 semester hours, must receive a grade of "C" or higher, must be completed by the time the student has 60 semester hours.)

\*ENGL \_\_\_\_\_

\*ENGL \_\_\_\_\_

\*ENGL 129, Honors English, may be substituted for ENGL 111 and ENGL 112. Must earn a grade of "C" or better. May need to take additional electives.

**Math:** MATH 110 or higher (3 semester hours, must receive a grade of "C" or better, must be completed by the time the student has 60 semester hours.)

MATH \_\_\_\_\_

**Humanities:** (6 semester hours)

\_\_\_\_\_

\_\_\_\_\_

Course No. Credit Grade Term Year Trns/Subs

**Social and Behavioral Sciences:** (6 Semester Hours)

\_\_\_\_\_

\_\_\_\_\_

(PSYC 150 and PSYC 233 are suggested.)

**Fine Arts:** (3 semester hours)

\_\_\_\_\_

\_\_\_\_\_

**Natural Sciences:** (6 semester hours)

(At least one course must include a lab)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

(CHEM 121/121L is suggested.)

**Applied Studies:** (3 semester hours)

\_\_\_\_\_

**Other Requirements** (9 semester hours)

**Kinesiology:** (3 Semester Hours)

Course No. Credit Grade Term Year Trns/Subs

KINE\* 100 1 \_\_\_\_\_

KINA\* \_\_\_\_\_ 1 \_\_\_\_\_

KINA\* \_\_\_\_\_ 1 \_\_\_\_\_

See the M.S.C. catalog for the list of approved KINA/Selected DANC courses. \*KINE/KINA formerly known as HPWA/HPWE

**Bachelor of Arts Degree Distinction:** (6 semester hours)

(Two **consecutive** classes in the **same** foreign language.)

Course No. Credit Grade Term Year Trns/Subs

FLA \_\_\_\_\_ 3 \_\_\_\_\_

FLA \_\_\_\_\_ 3 \_\_\_\_\_

(FLAS 114 & 115 will **NOT** fulfill this requirement.) (**Must** receive a grade of "C" or above.)

**Kinesiology – Athletic Training Major Requirements (61 semester hours)** A 2.5 GPA is required in the major courses.

(For students taking classes prior to Summer 2006, these classes were taught under the HPWA prefix.)

**Required Core Courses** (22 semester hours)

Course No. Credit Grade Term Year Trns/Subs

BIOL 209 3 \_\_\_\_\_

BIOL 209L 1 \_\_\_\_\_

KINE 200 3 \_\_\_\_\_

KINE 213 3 \_\_\_\_\_

KINE 303 3 \_\_\_\_\_

KINE 303L 1 \_\_\_\_\_

KINE 309 3 \_\_\_\_\_

KINE 309L 1 \_\_\_\_\_

KINE 401 3 \_\_\_\_\_

KINE 494 1 \_\_\_\_\_

**Student must have current First Aid/CPR or KINE 265 or KINE 250:**

Current CPR Card? Yes / No

(If yes, please provide a copy with the expiration date.)

**Or** take one of the following: KINE 265 or KINE 250

KINE \_\_\_\_\_ 3 \_\_\_\_\_

**Required Concentration Courses** (39 semester hours)

Course No. Credit Grade Term Year Trns/Subs

BIOL 210 3 \_\_\_\_\_

BIOL 210L 1 \_\_\_\_\_

KINE 234 3 \_\_\_\_\_

KINE 260 3 \_\_\_\_\_

KINE 273 3 \_\_\_\_\_

KINE 274 3 \_\_\_\_\_

KINE 365 3 \_\_\_\_\_

KINE 368 2 \_\_\_\_\_

KINE 378 2 \_\_\_\_\_

KINE 405 3 \_\_\_\_\_

KINE 410 3 \_\_\_\_\_

KINE 420 3 \_\_\_\_\_

KINE 430 3 \_\_\_\_\_

KINE 468 2 \_\_\_\_\_

KINE 478 2 \_\_\_\_\_

**Electives** (All college level courses appearing on your final transcript, **not listed above** that will bring your total semester hours to 120 hours. Excludes KINA activity courses.) (16-17 semester hours; 5 additional upper division hours are needed.) **PSYC 360 suggested.** If considering graduate school in Physical/Occupational Therapy or Medical School, take CHEM 131/131L, CHEM 132/132L, PHYS 111/111L, and PHYS 112/112L.

Course	No.	Credit	Grade	Term	Year	Trns/Subs	Course	No.	Credit	Grade	Term	Year	Trns/Subs
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____

### GRADUATION INFORMATION

See the “Undergraduate Graduation Requirements” in the MSC catalog for additional graduation information.

**GENERAL EDUCATION REQUIREMENTS** (Minimum of 33 Semester Hours) See current Mesa State College catalog for list of courses that fulfill the requirements below. If one (or more) of the selections below is required in your major, you must use it to fulfill the major requirement and **make a different selection to meet the general education requirement.** **The courses may not be used to fulfill both requirements.**

**English – 6 Semester Hours** (Must be **completed** before student has 60 semester hours. Must receive grade of “C” or above.)  
ENGL 111 **and** ENGL 112 **or** ENGL 129 (*by permission*)

**Mathematics – 3 Semester Hours** chosen from:  
MATH 110 **or higher**  
(Must be **completed** before student has 60 semester hours. Must receive grade of “C” or above.)

**Humanities – 6 semester hours**

**Social and Behavioral Sciences – 6 semester hours (PSYC 150 and PSYC 233 is suggested)**

**Fine Arts – 3 semester hours**

**Natural Sciences – 6 semester hours** (At least one course must include a lab.) (**CHEM 121/121L is suggested**)

**Applied Studies – 3 semester hours**

### OTHER REQUIREMENTS (9 Semester Hours)

**Kinesiology – 3 Semester Hours**  
Each student must take KINE 100 together with two KINA/Selected DANC courses. See current catalog for listing.  
\*KINE/KINA formerly known as HPWA/HPWE

**Degree Distinction – 6 Semester Hours**  
Select from one of the following sequences:  
FLAF 111 *followed by* FLAF 112 **or** FLAG 111 *followed by* FLAG 112  
Or FLAS 111 *followed by* FLAS 112 **or** Two **consecutive** classes in the **same** foreign language.  
\*(FLAS 114 & 115 will **NOT** fulfill this requirement. **Must** receive a grade of “C” or above in **both** classes.)

**Kinesiology – Athletic Training (61 Semester Hours)**

A 2.5 GPA is required in the major courses.

(For students taking classes prior to Summer 2006, these classes were taught under the HPWA prefix.)

**Required Core Courses (22 Semester Hours)**

BIOL 209 Human Anatomy and Physiology  
BIOL 209L Human Anatomy and Physiology Lab  
KINE 200 History and Philosophy of Sport & Physical Education  
KINE 213 Applications of Physical Fitness and Exercise Prescription  
KINE 303 Exercise Physiology  
KINE 303L Exercise Physiology Lab  
KINE 309 Anatomical Kinesiology  
KINE 309L Anatomical Kinesiology Lab  
KINE 401 Org/Ad/Legal Considerations of PE and Sports  
KINE 494 Senior Seminar (Capstone)

Student must have current First Aid/CPR Card or take one of the following:

KINE 265 First Aid/CPR for the Professional Rescuer **or**  
KINE 250 Lifeguard Training

**Required Concentration Courses (39 Semester Hours)**

BIOL 210 Human Anatomy and Physiology II  
BIOL 210L Human Anatomy and Physiology II Lab  
KINE 234 Prevention and Care of Athletic Injuries  
KINE 260 School and Personal Health  
KINE 273 Upper Body Injury Assessment  
KINE 274 Lower Body Injury Assessment  
KINE 365 Advanced First Aid  
KINE 368 Clinical Experiences I  
KINE 378 Clinical Experiences II  
KINE 405 Sports Nutrition  
KINE 410 Rehabilitative Exercises  
KINE 420 Therapeutic Modalities  
KINE 430 Medical Conditions and Pharmacology in Sports  
KINE 468 Clinical Experiences III  
KINE 478 Clinical Experiences IV

**General Electives:** 16-17 Semester Hours; 5 additional upper division hours may be needed.

Students are required to participate in exit examinations or other programs deemed necessary to comply with the college accountability requirement. All degree requirements must be completed as described above. Any exceptions or substitutions must be recommended in advance by the faculty advisor and approved by the Department Head.

## SUGGESTED COURSE SEQUENCING FOR A MAJOR IN KINESIOLOGY – ATHLETIC TRAINING

This is a recommended sequence of course work. Certain courses may have prerequisites or are only offered during the Fall or Spring semesters. It is the student's responsibility to meet with their advisor and check the 2 year course matrix on the Mesa State website for course availability.

### FRESHMAN YEAR

Fall Semester	Hours	Spring Semester	Hours
ENGL 111 English Composition	3	ENGL 112 English Composition	3
KINE 100 Health and Wellness	1	KINE 213 Appl. Of Phys. Fitness and Ex. Presc.	3
KINE 200 History and Phil. of Sport & PE	3	MATH XXX Math Requirement	3
General Education Nat. Sci. with Lab	4	General Education Natural Science <b>OR</b>	3
General Education Fine Arts	3	BIOL 209 Human Anatomy and Physiology <b>AND</b>	3
General Education Applied Studies	<u>3</u>	BIOL 209L Human Anatomy and Physiology Lab	1
	17	KINE 265 First Aid/CPR for the Prof. Rescuer	<u>3</u>
			15-16

### SOPHOMORE YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 234 Prevention and Care of Athletic Injuries	3	KINE 273 Upper Body Injury Assessment	3
KINE 260 School and Personal Health	3	KINE 365 Advanced First Aid	3
General Education Soc/Beh Science (PSYC 150)	3	General Education Humanities	3
General Education Natural Science <b>OR</b>	3	BIOL 210 Human Anatomy and Physiology II <b>AND</b>	3
BIOL 209 Human Anatomy and Physiology <b>AND</b>	3	BIOL 210L Human Anatomy and Physiology II Lab	1
BIOL 209L Human Anatomy and Physiology Lab	1	Degree Distinction-Foreign Language	<u>3</u>
Degree Distinction-Foreign Language	<u>3</u>		16
	15-16		

### JUNIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 274 Lower Body Injury Assessment	3	KINE 303 Exercise Physiology	3
KINE 309 Anatomical Kinesiology <b>AND</b>	3	KINE 303L Exercise Physiology Lab	1
KINE 309L Anatomical Kinesiology Lab	1	KINE 378 Clinical Experiences II	2
KINE 368 Clinical Experiences I	2	KINE 410 Rehabilitative Exercises	3
KINE 420 Therapeutic Modalities	3	KINE 401 Org./Admin./Legal Consid. In P.E. <b>OR</b>	3
General Education Humanities	3	KINE 430 Med. Cond. & Pharmacology in Sports	3
KINA or DANC Activity	<u>1</u>	General Ed. Soc./Behavioral Science	<u>3</u>
	14		15

### SENIOR YEAR

Fall Semester	Hours	Spring Semester	Hours
KINE 405 Sports Nutrition	3	KINE 401 Org./Admin./Legal Consid. In P.E. <b>OR</b>	3
KINE 486 Clinical Experiences III	2	KINE 430 Med. Cond. & Pharmacology in Sports	3
Minor/Electives	8	KINE 478 Clinical Experiences IV	2
KINA or DANC Activity	<u>1</u>	KINE 494 Senior Seminar	1
	14	Minor/Electives	<u>8</u>
			14